CLINIC ANNUAL REPORT 2011

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INTRODUCTION

The three Lewa supported clinics act currently as the main health service providers to staff, their families and the surrounding communities. In 2011, these three clinics, consisting of the main Lewa Clinic, Leparua and Ngare Ndare clinics, played a vital role in ensuring that all in need of medical attention were attended to, offering general reproductive and nutritional health education to prevent various diseases, especially to the mothers and families attending these clinics; additionally giving HIV positive patients and their families counselling services and moral support. The clinics promoted general health care in the communities through partnership with the Ministry of Health and other community based organizations such as International Medical Corps and The Catholic Diocese of Isiolo.

CLINIC STAFFING

A total of ten staff members are employed at all three Lewa supported clinics. All clinic staff are managed and are under the professional supervision of Dr Abid Butt, resident doctor at the Nanyuki Cottage Hospital. Leparua and Ngare Ndare clinics are managed by two staff each and the Lewa clinic has five staff including the laboratory technician.

(Fridah the Lab technician at The Lewa Main Clinic) (Nurses Florence & Julia from Leparua Clinic)
DR. ABID BUTT.

Having the services and support of a medical doctor on Lewa has been a big plus for our staff and the surrounding communities. Most of the people in the communities have no access to medical facilities and in some instances cannot afford the fare to go all the way to the nearest towns to seek treatment. As such, being able to have the doctor’s services twice a month, to consult and treat patients at a subsidized rate is fundamental and is much appreciated.

Dr Butt closely monitors and oversees the services offered by the four nurses and laboratory technician who work at the Lewa Clinics. They attend to patients throughout the week and consult the Doctor on the phone in case of any difficult cases. In extreme situations they refer the patients to Dr Butt who attends to them when he visits the Lewa Clinic. However, work related emergencies are immediately referred to him at the Nanyuki Cottage Hospital.
The notable success stories of Dr. Butt in 2011 include the attending of two wildlife related cases. In both instances the patients were injured by buffaloes on Lewa. These cases required surgery, both of which were successful. The doctor has had a few HIV/AIDS cases from the communities surrounding Lewa that he has been following up personally. These patients are progressing with treatment and as a result have stopped taking herbal/traditional medication. The doctor mainly gets referrals from the Lewa nurses for patients who are diabetic or hypertensive, he in turn follows up with them throughout the year and they always express their gratitude for the personal attention and care he bestows on them. The doctor has also been instrumental over the course of the whole year in undertaking medical examinations of staff whose nature of work exposes them to occupational illnesses. This is a statutory requirement that can only be undertaken by doctors approved by the Ministry of Labor through the Directorate of Occupational Safety and Health.

**LEWA HEALTHCARE OPERATIONS IN 2011**

**Services Provided at the Three Clinics:**

The LWC healthcare programme clinics remained busy throughout 2011. Services provided to the staff and communities at these facilities included:

- The diagnosis and treatment of minor ailments
- The Child welfare clinic – which includes growth monitoring and immunization
- The Maternal welfare clinic- which includes women’s health, antenatal and postnatal clinics
- Family planning clinic – partnered with Tunza to offer this service to staff and members of the surrounding communities
- HIV/AIDS Counselling and volunteer testing – especially for expectant mothers and members of the community
- Laboratory Services (this service is still only available at the main Lewa Clinic)
- Health education to the Lewa staff and the immediate communities
- The Lewa schools health programme – De-worming exercises and health education provided to Lewa supported schools, made possible in 2011, from the funding received from The Metcalf Foundation through Lewa Canada
Other Services Offered by the clinic staff in 2011 included:

1) **Family planning;** – In 2011, The LWC healthcare programme in collaboration with the Ministry of Health through Tunza promoted long term family planning methods such as implants and intra-uterine devices e.g. coils. This programme was easy to undertake because PSI employed a family planning community mobilizer for the Subuiga, Manyagalo and Ngare Ndare communities.

2) **The mobile clinic at Ngare Sirgoi and Cultural Boma;** - These are areas that are beyond the Leparua clinic, on the Northern Boundary of Lewa. This activity was conducted on a monthly basis by the Leparua Clinic’s head and staff nurse. During these clinics health education was given and the sick treated, family planning services offered and child immunization exercises were carried out. The Health education offered in Leparua community mainly focused on:
   a. Sex Education for both families and teenagers in the area
   b. Early marriages (protection of the girl child)
   c. Female genital mutilation
   d. Diarrhoea, malaria and Tuberculosis
   e. Water purification – undertaken in collaboration with UNICEF

3) **School health programme;** - This programme was funded with the assistance of The Metcalf Foundation through Lewa Canada and focused on health education and de-worming in Lewa supported schools. A total number of 7,746 students were de-wormed and treated for minor ailments. These ailments included skin conditions, coughs and diarrhoea amongst the children.

4) **‘Anti-Jigger’ campaign in Manyagalo;** - The Lewa clinic nurses led a team of Lewa staff to the Manyagalo community, on three different occasions throughout the year, for health education and the anti-jigger campaign.
5) **HIV/AIDS education, voluntary counselling and testing**; Mobile voluntary counselling and testing was organized and carried out by the clinic, for the staff and surrounding communities.

6) **The Leparua nurse worked in partnership with International Medical Corps to form mother to mother support groups**; a total of nine groups were formed each comprising of 10 to 15 women. These mothers were trained on the safe delivery of babies and health education and were tasked with training others and carrying out safe and sterile home deliveries. They continue to work closely with the Leparua clinic nurse.

7) The Lewa nurses in partnership with the Isiolo District hospital trained 20 community health mobilizers on the importance of digging and proper use of pit latrines, and personal hygiene. The health mobilizers were then given the responsibility and duty of educating the community on the need for digging and using latrines and personal hygiene.

8) **The Ngare Ndare nurse held three health education sessions with pupils and parents of Kanyunga primary school**; these talks were carried out at the end of each school term.

9) In September 2011, the Lewa nurses partnered with the Ministry of Health to promote both mother and child’s health. The campaign was labelled ‘Malezi Bora’. The nurses gave vitamin A supplement to under fives and all lactating mothers. Mosquito nets were also provided to all who had children under age five and expectant mothers, being aware of the fact that the area is prone to malaria and which in itself has been responsible for high infant mortality rates in the country.

10) **Ante-natal and post-natal clinics** were carried out once a week throughout 2011. The Lewa clinic continued conducting the required tests for expectant mothers in the Laboratory. The government of Kenya through the Ministry of Health has also contributed greatly in the provision of vaccines, HIV kits, tuberculosis tests and SP malaria drugs that are needed by expectant mothers.

11) Apart from the weekly ante-natal and post-natal clinics, the three clinics also paid special attention to **child welfare**. Children in Lewa and the surrounding communities are now being immunized against all the major killer diseases. The clinic has worked very closely with the Ministry of Health through all their major vaccination campaigns of measles, polio, Hepatitis B and giving of vitamin A supplements ensuring that all the children in the community had access and received the jab.

12) The Lewa nurses in partnership with UNICEF undertook training on the importance of **safe drinking water** that is purified. They educated the community on the importance of safe drinking water and also distributed water filters, jerry-cans, buckets, received from UNICEF through the Isiolo District hospital.
13) Continuous health education on all preventable diseases and other health issues.

14) The Lewa nurses with the assistance of some of the LWC female staff held sex education and personal hygiene practice, talks with all the female students (from class six to class eight) from all Lewa supported schools.

15) The Lewa staff at all levels were on several occasions educated on the importance of maintaining general hygiene at their camps and areas of domicile.

16) The nurse in-charge participated in educating staff whose nature of work requires them to use personal protective equipment, on the importance of using these whilst working to keep them safe and healthy.

17) Dr Abid Butt undertook occupational medical examinations on staff whose nature of work exposes them to occupational illnesses and hazards.

18) Laboratory services continued being offered at the Lewa clinic, with patients requiring lab services being referred by both the Leparua and Ngare Ndare nurses. The laboratory technician attended to 1836 patients and undertaking 3557 tests. The common tests carried out included malaria, stool tests, urinalysis, HIV/AIDS screening and Widal tests.

19) The Ngare Ndare clinic nurses participated in an **HIV/AIDS campaign** for couples which was, facilitated by Population Services International in the area.
The common ailments seen at the three clinics in 2011:

<table>
<thead>
<tr>
<th>Category</th>
<th>Most Common Diagnosis &amp; Activities</th>
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</thead>
</table>
| 1 Adults   | ✓ Upper respiratory tract infections (URTI)  
             ✓ Malaria  
             ✓ Amoebiasis  
             ✓ Sexually transmitted diseases – prevalent in Ngare Ndare  
             ✓ Hypertension – prevalent in Ngare Ndare  
             ✓ Asthma  
             ✓ Tuberculosis  
             ✓ Skin conditions – wounds – prevalent in Leparua |
| 2 Child Health | ✓ URTIs  
                     ✓ Eye infections – prevalent in Leparua  
                     ✓ Diarrhoea  
                     ✓ Malnutrition – at Leparua |
The LWC health care staff continued to provide the much needed health services to an ever increasing patient base, with the number notably growing by 14% over 2011 with about three quarters of the patients coming from the surrounding communities. The need for health services continues to grow and the nurses are reaching out to the sick through mobile clinics, follow ups, home visits and also through the community health workers.

**NUMBER OF PATIENTS SEEN AT THREE CLINICS:**

Total number of patients on record:

<table>
<thead>
<tr>
<th></th>
<th>MEDICAL CASES</th>
<th>ANTE-NATAL &amp; POST-NATAL SERVICES</th>
<th>FAMILY PLANNING SERVICES</th>
<th>CHILD WELFARE CLINIC</th>
<th>HIV/AIDS COUNSELLING AND TESTING</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEWA CLINIC</td>
<td>5,575</td>
<td>117</td>
<td>607</td>
<td>522</td>
<td>258</td>
</tr>
<tr>
<td>NGARENDARE CLINIC</td>
<td>3,118</td>
<td>110</td>
<td>400</td>
<td>780</td>
<td>59</td>
</tr>
<tr>
<td>LEPARUA CLINIC</td>
<td>1,455</td>
<td>199</td>
<td>171</td>
<td>1,907</td>
<td>23</td>
</tr>
<tr>
<td>TOTAL</td>
<td>10,148</td>
<td>426</td>
<td>1,178</td>
<td>3,209</td>
<td>340</td>
</tr>
</tbody>
</table>
From the above table it is clear that the number of children attending the child welfare clinic is highest in the Leparua community. This can be attributed to the feeding programme for lactating mothers and children below three years of age, done and carried out by the Leparua clinic and facilitated by International Medical Corps. Only mothers and children who attend the clinic get the food donation.

The number of patients referred to Nanyuki Cottage Hospital and government hospitals due to conditions that could not be treated in the three clinics was **285**. These included maternity cases, dental issues, eye problems, and surgical cases, injuries as a result of animal attacks and complicated cases that required the attention of a medical doctor.

**CLINIC DEVELOPMENT**

**Counselling Room**

2011 saw the Construction and completion of a much needed counselling room at the main Lewa Clinic, which doubles up as the mother and child clinic room.

![Nurse Martin offering counselling to a patient in the newly built counselling room](image)

In 2011, a needs assessment exercise to determine the importance of a clinic/dispensary for Ntirimiti, bordering LWC to the south was carried out in partnership with members of the community. This exercise took into account factors such as the major problem for the community members accessing basic health care services, its proximity to the Mount Kenya Forest, Ngare Ndare forest and being adjacent to the 8km elephant corridor coupled with the lack of proper area development, poor road network found in the area, poverty and many others. LWC realises the importance of having access to basic healthcare as a fundamental human right, and has therefore partnered with the Ntirimiti community to begin development plans on the proposed clinic project in 2012.
CLINIC STAFF TRAINING

The nurses and support staff undertook several short courses facilitated by the Ministry of Health and Medicine (the main supplier of clinic drugs). Some of the courses undertaken include:

- One of the clinic nurses joined the Kenya Methodist University for a degree course in nursing
- Support staff course – Infection control course undertaken by all Lewa clinics support staff including the ambulance driver
- Health and safety courses
- Family planning courses - insertion of IUCDs and implants
- Reproductive health and sex education
- HIV/AIDS testing and counselling – undertaken by the Laboratory technician
- Computer packages training by one nurse and two support staff

**CLINIC VEHICLE**
The clinic car continued to play a key role in the effective running of the three clinics. There were several emergency cases in 2011 and the car was used to transport patients either to the Lewa clinic or the neighbouring district hospitals. One major emergency where the clinic vehicle was used was during the tragic incident involving Loreto Msongari school bus ferrying students on a school trip, which occurred at the Meru/Isiolo junction. The clinic car was vital in helping transport the young girls most of whom were critically injured to nearby hospitals with the staff performing first aid at the scene of the accident. The car is also used by the clinic team when they go to the communities for health education, mobile clinics, de-worming exercises, jigger campaigns or any other duties related to healthcare. It is used to collect drugs, vaccines, condoms and other supplies from Isiolo and Meru district hospitals and in turn ferry them to both the Leparua and Ngare Ndare clinics.

**CONCLUSION**

We are extremely grateful to the LWC healthcare programme donors for the immense support given in 2011, enabling all three clinics to give quality services to the Lewa staff and members of the surrounding communities and look forward to your continued support in 2012.